

# Lesson plan

iUSP147 – Programming yoga teaching sessions

<b>Aims and objectives of session:</b>	
<b>Yoga exercise:</b>	
<b>Description of exercise:</b>	
<b>Reason for choice:</b>	
<b>Progressions:</b>	
<b>Transitions:</b>	
<b>Teaching points:</b>	
<b>Evaluation of plan and comments:</b>	

External examiner name: \_\_\_\_\_

External examiner signature: \_\_\_\_\_ Date: \_\_\_\_\_

Lecturer/Assessor name: \_\_\_\_\_

Lecturer/Assessor signature: \_\_\_\_\_ Date: \_\_\_\_\_

Learner name: \_\_\_\_\_

Learner signature: \_\_\_\_\_ Date: \_\_\_\_\_

Quality assured by name: \_\_\_\_\_

Quality assured by signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator